

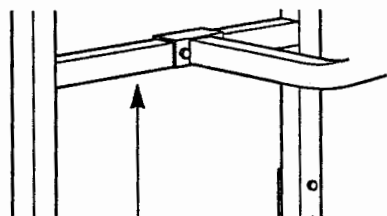
# WEIDER® 133<sup>o</sup>

## TRAINING SYSTEM

Model No. WEBE10560

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



Serial Number Decal (Behind Crossbar)

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

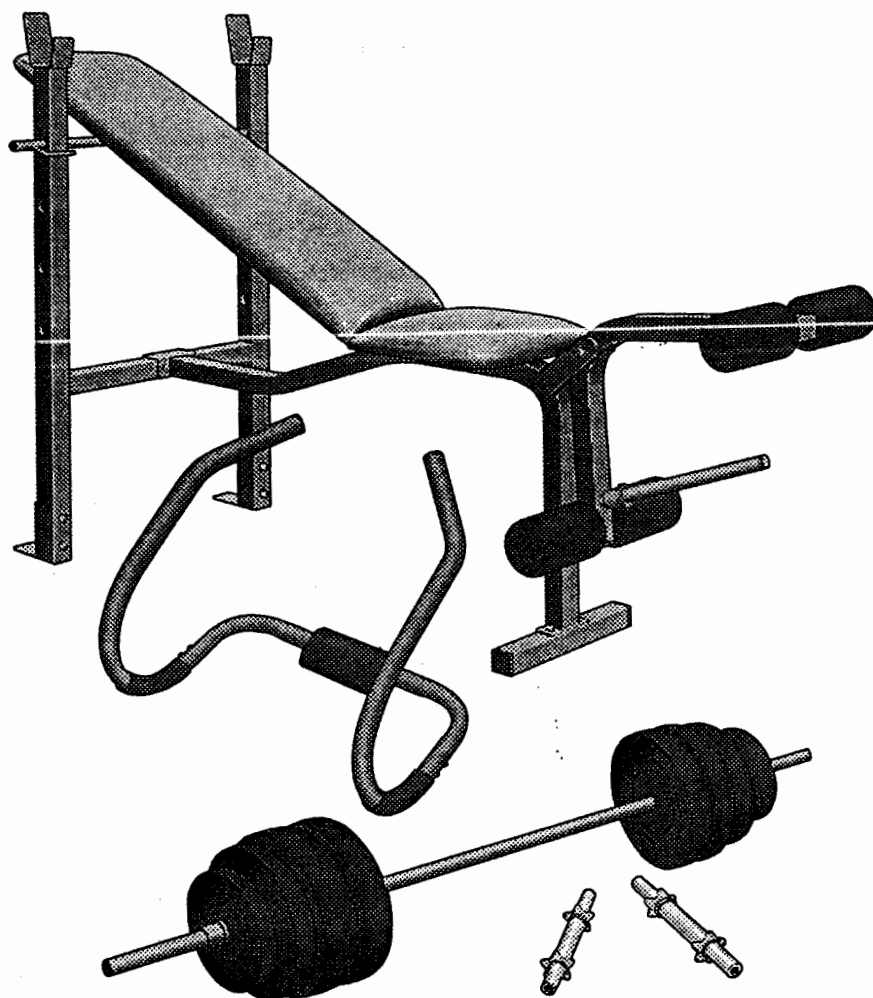
CUSTOMER HOT LINE:

**1-800-999-3756**

Mon.-Fri., 6 a.m.-6 p.m. MST

### CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



## USER'S MANUAL

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Note: A PART LIST/EXPLODED DRAWING and PART IDENTIFICATION CHART are attached to the center of this manual. Remove the PART LIST/EXPLODED DRAWING and the PART IDENTIFICATION CHART before beginning assembly.

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**

# IMPORTANT PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the training system.

1. Read all instructions in this manual before using these products.
2. Use these products only as described in this manual.
3. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
4. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
5. Keep small children and pets away from the weight bench at all times.
6. Always be sure there is an equal amount of weight on each side of your barbell when you are using it.
7. Do not use a barbell longer than five feet with the weight bench.
8. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
9. Always wear athletic shoes for foot protection while exercising. Keep hands and feet away from moving parts.
10. The weight bench is designed to support a maximum of 300 pounds, including the user, a weight bar and weights. Do not place more than 110 pounds, including a weight bar and weights, on the weight rests. Do not place more than 50 pounds on the leg lever.
11. When using the backrest in the level position or in an inclined position, make sure that the support rod is inserted completely through both sides of the "H"-frame, and that the support rod is turned to the locked position.
12. When using the abdominal trainer, keep the small of your back on the exercise mat (not included); it may be necessary to raise your hips slightly.
13. Keep your head on the headrest when exercising on the abdominal trainer.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. Always exercise with a partner. When you are performing bench press exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
16. It is the responsibility of the owner to ensure that all users of the training system are adequately informed of all precautions.
17. The training system is intended for home use only. Do not use the training system in any commercial, rental, or institutional setting.

**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 133 Training System. The WEIDER® 133 is comprised of three major components: a weight bench and a starter weight set, and an abdominal trainer.

- The weight bench is designed to be used with the included weight set to help you develop all major muscle groups of both the upper body and the lower body for increased muscle growth and toning, as well as greater cardiovascular fitness.
- The abdominal trainer is designed to shape your upper abdominals, obliques, and lower abdominals to give you a firm, flat stomach in only minutes a day.

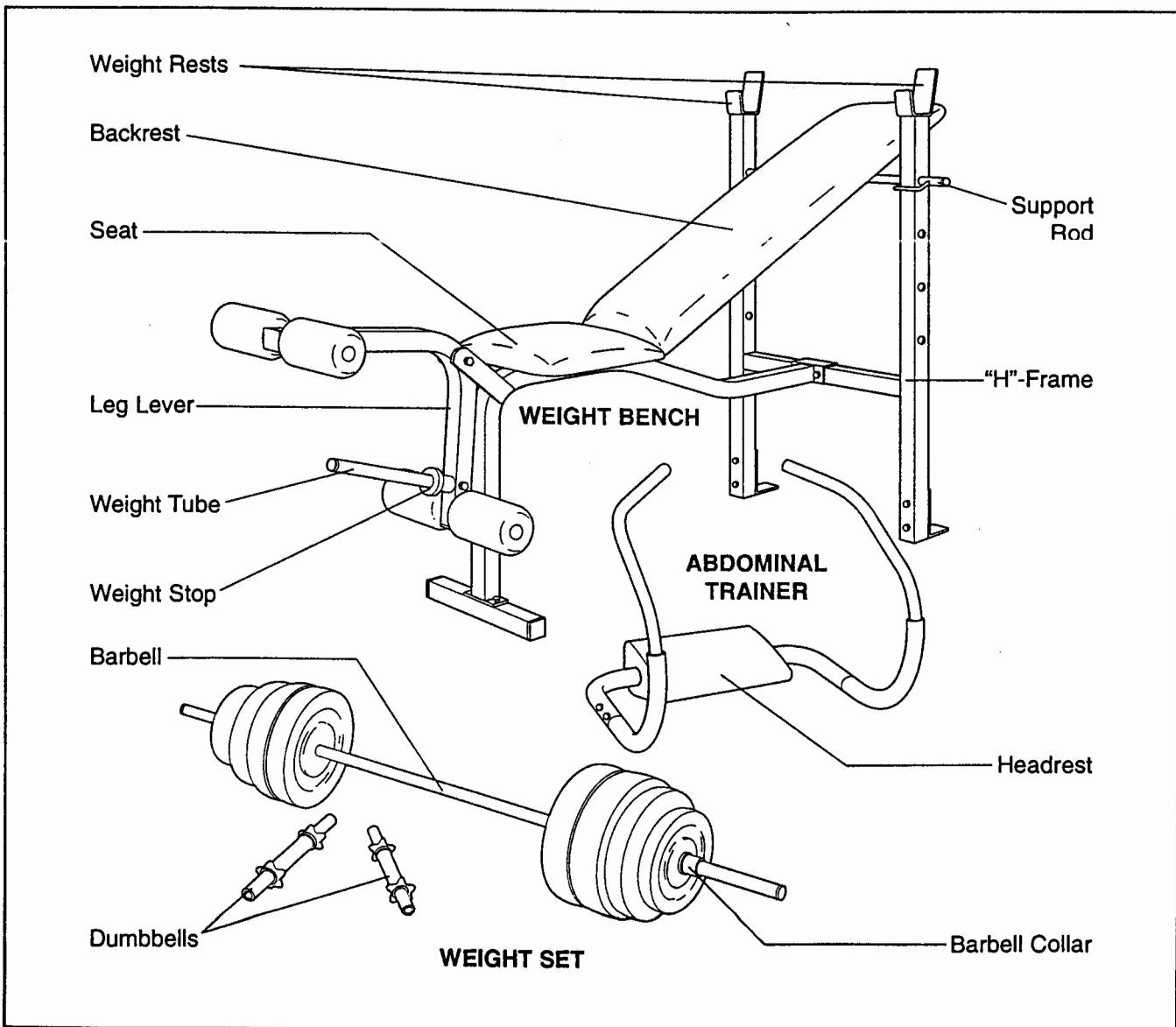
Used as part of a fitness program that includes a proper diet, the WEIDER® 133 will help you to look

better, feel better, and enjoy the advantages of greater fitness.

**For your benefit, please read this manual carefully before using the WEIDER® 133.**

If you have questions after reading the manual, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is WEBE10560. The serial number can be found on a decal attached to the WEIDER® 133 (see the front cover of this manual for the location).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.




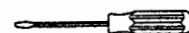

# ASSEMBLY

**Before beginning assembly, carefully read the following information and instructions:**

- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, use the **PART IDENTIFICATION CHART** attached at the center of this manual. Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble this product, make sure that all parts are oriented as shown in the drawings.

**THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:**

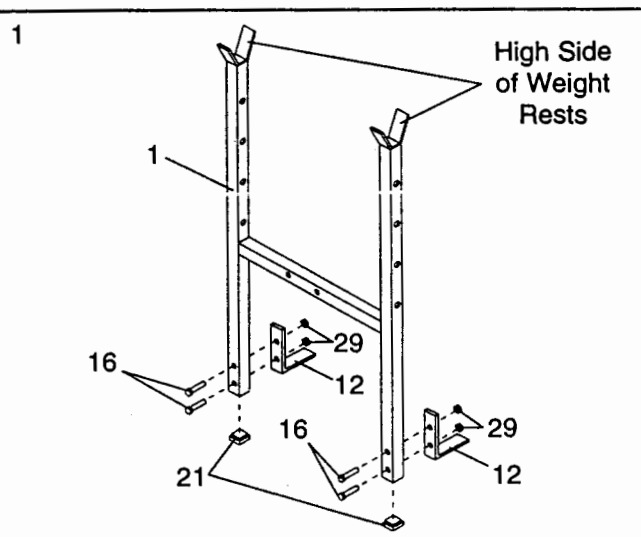
- Two (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) rubber mallet 
- Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Before assembling this product, be sure that you have read and understand the information in the box above.

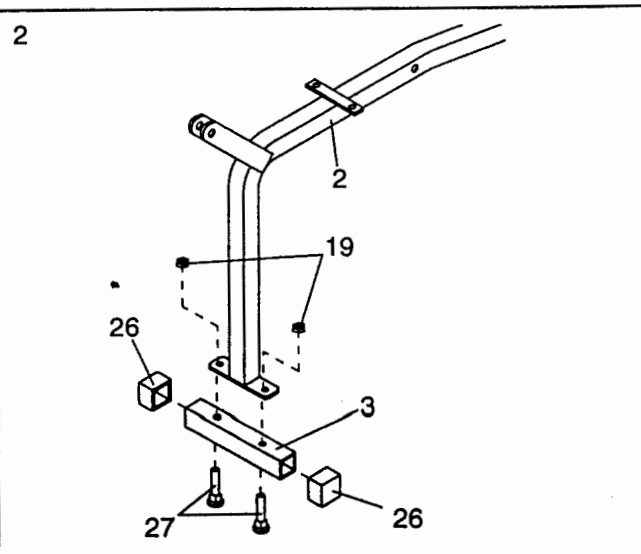
Tap the two 1 3/4" Square Inner Caps (21) into the "H"-Frame (1).

Be sure that the "H"-Frame (1) is oriented as shown. The high side of the weight rests must be on the side indicated. Attach each "L"-Bracket (12) to the indicated side of the "H"-Frame with two 5/16" x 2 1/4" Bolts (16) and two 5/16" Nylon Jam Nuts (29).



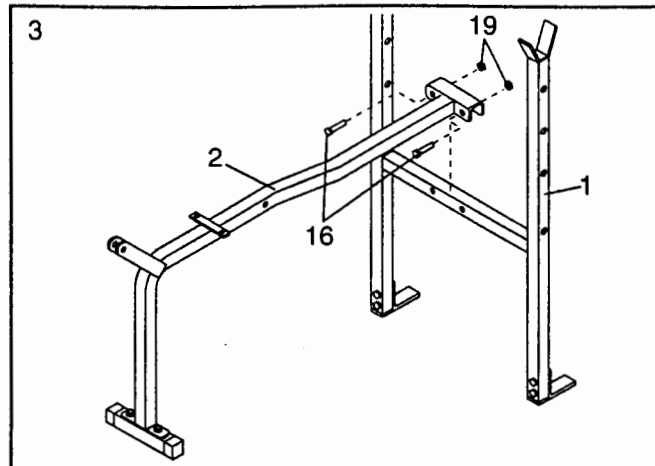
2. Tap a 1 1/2" Square Outer Cap (26) onto each end of the Stabilizer (3).

Attach the Stabilizer (3) to the Bench Frame (2) with the two 5/16" x 2" Carriage Bolts (27) and two 5/16" Nylon Locknuts (19).





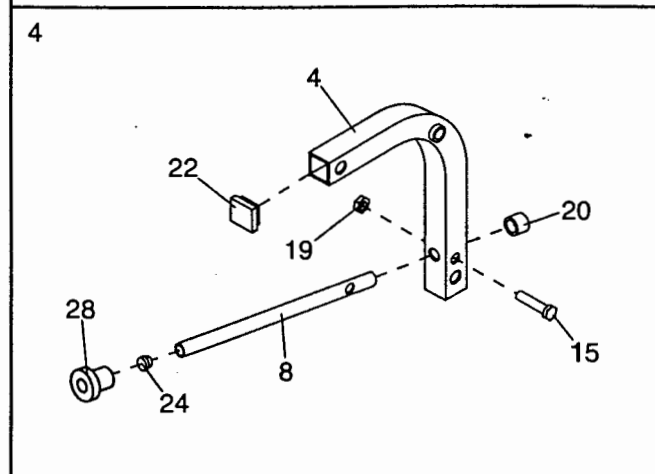
3. Be sure that the "H"-Frame (1) is oriented as shown. Attach the Bench Frame (2) to the "H"-Frame (1) with two 5/16" x 2 1/4" Bolts (16) and two 5/16" Nylon Locknuts (19).



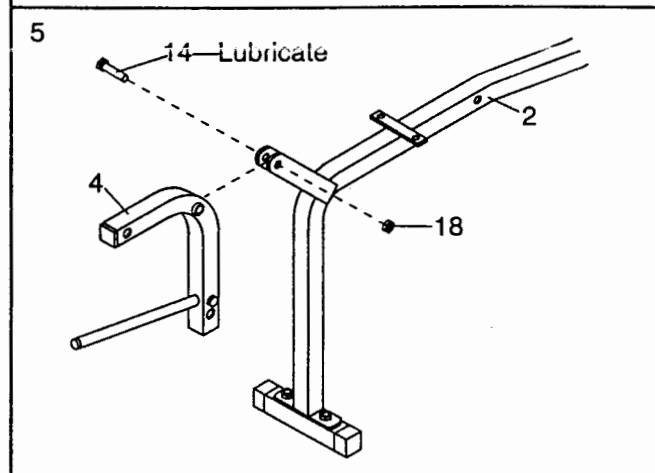
4. Tap a 1 1/2" Square Inner Cap (22) into the indicated end of the Leg Lever (4).

Attach the 13 3/4" Weight Tube (8) to the Leg Lever (4) with the 5/16" x 2" Bolt (15) and a 5/16" Nylon Locknut (19) as shown.

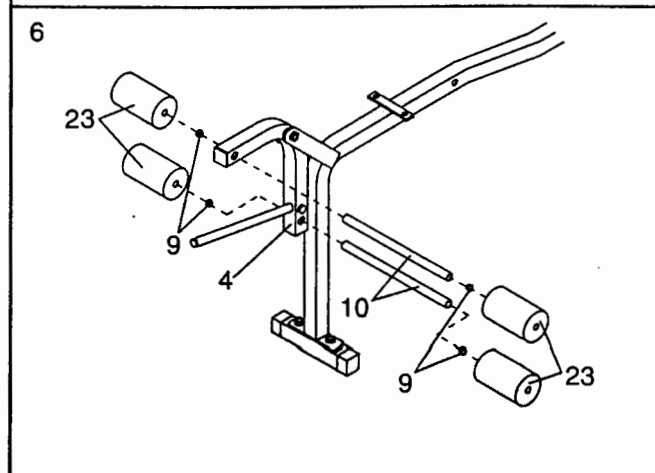
Tap a 1" Round Inner Cap (24) into the indicated end of the 13 3/4" Weight Tube (8). Tap the 1" Angled Round Cap (20) onto the other end of the Weight Tube. Slide the Weight Stop (28) onto the Weight Tube.



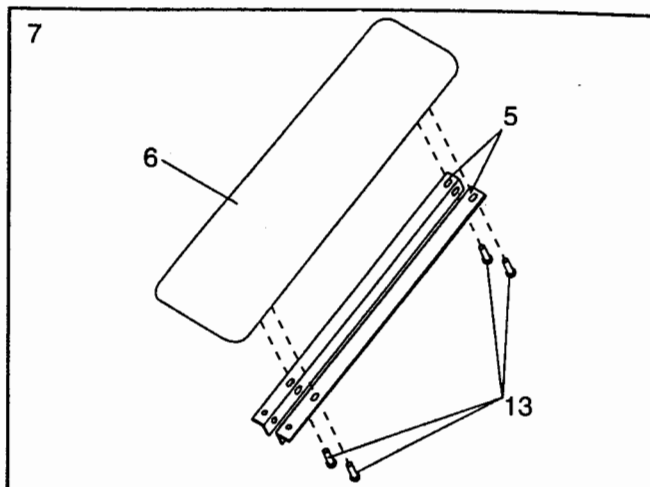
5. Lubricate the 3/8" x 2 1/4" Bolt (14). Attach the Leg Lever (4) to the Bench Frame (2) with the Bolt and the 3/8" Nylon Jam Nut (18).



6. Tap two 3/4" Round Inner Caps (9) into each Pad Tube (10). Insert the Pad Tubes through the holes in the Leg Lever (4). Slide two Foam Pads (23) onto each Pad Tube.

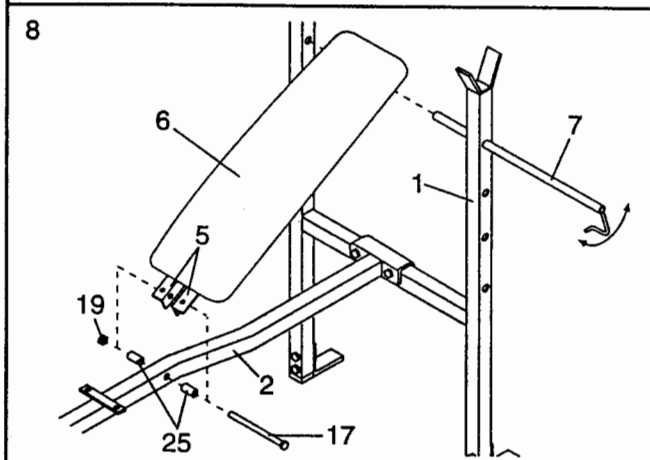


7. Attach the two Backrest Brackets (5) to the Backrest (6) with four  $\frac{1}{4}$ " x  $\frac{3}{4}$ " Screws (13). Make sure that the Backrest Brackets and the Backrest are oriented as shown.

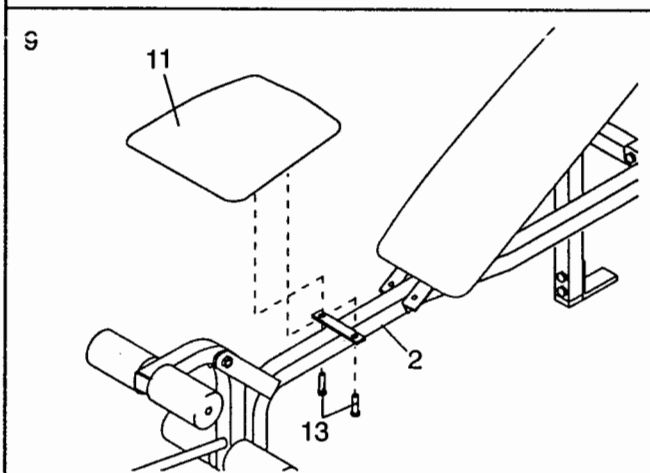


8. Insert the Support Rod (7) through one of the four sets of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the "H"-Frame.

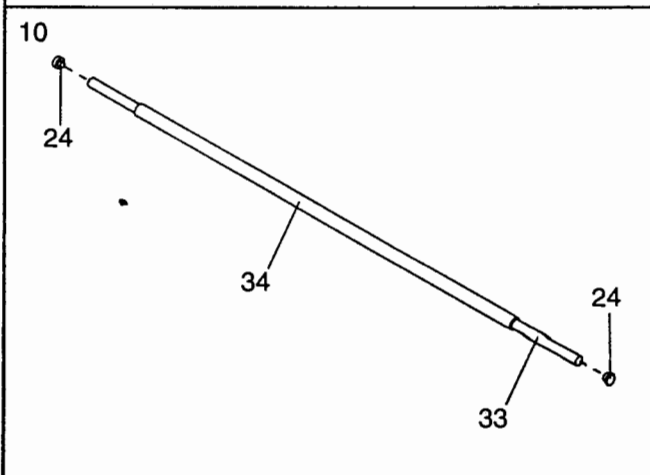
Attach the Backrest Brackets (5) to the Bench Frame (2) with the  $\frac{5}{16}$ " x 3" Bolt (17), the two  $\frac{1}{2}$ " x  $\frac{3}{8}$ " Metal Spacers (25), and a  $\frac{5}{16}$ " Nylon Locknut (19). Rest the Backrest (6) on the Support Rod (7).



9. Attach the Seat (11) to the bracket on the Bench Frame (2) with two  $\frac{1}{4}$ " x  $\frac{3}{4}$ " Screws (13).

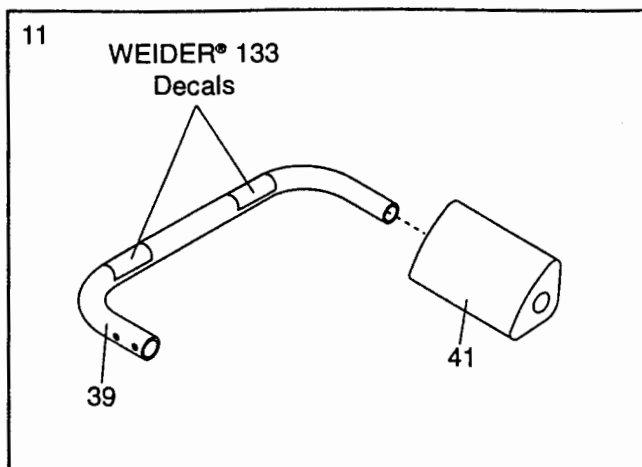


10. Press a 1" Round Inner Cap (24) into each end of the Barbell (33). Be sure that the Nylon Sleeve (34) is in on the Barbell.



11. Wet the inside of the Headrest (41) with soapy water. Slide the Headrest onto the Crunch Frame (39) and center it.

Remove the backing from both WEIDER® 133 Decals and place them on the Crunch Frame (39) as shown.

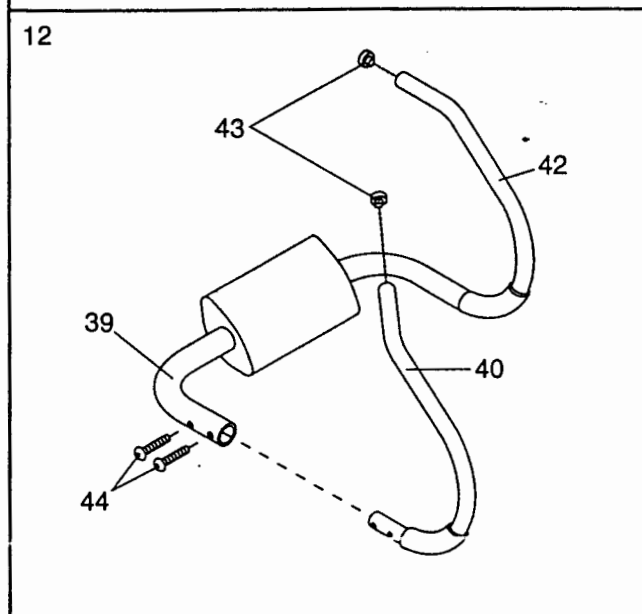


12. Insert the Right Handle (40) into the Crunch Frame (39). Align the holes in the Right Handle with the holes in the Crunch Frame. Attach the Right Handle to the Crunch Frame with two #10 x 1/2" Self-tapping Screws (44).

Attach the Left Handle (42) in the same manner.

Press a 1 3/8" Round Inner Cap (43) into the Right Handle (40) and into the Left Handle (42).

**Be sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTING THE WEIGHT BENCH, beginning on page 9 of this manual.**





# ADJUSTING THE WEIGHT BENCH

The weight bench is designed to be used with the included weight set. The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 16 for important exercise information and refer to the accompanying exercise poster to see the correct form for each exercise.

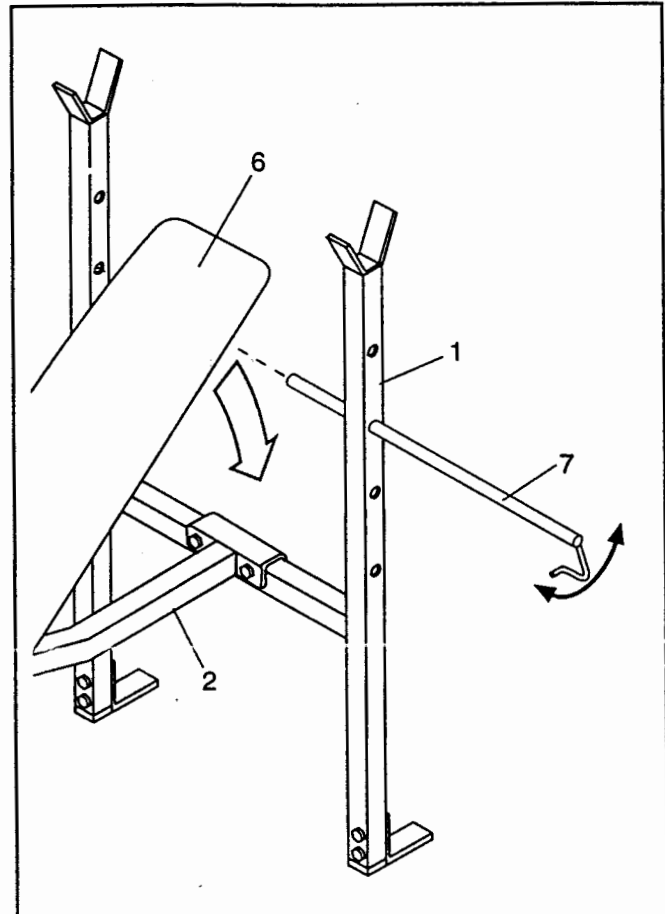
Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## ADJUSTING THE BACKREST

The Backrest (6) can be used in either a decline position, a level position, or three inclined positions. To use the Backrest in the decline position, remove the Support Rod (7) and lay the Backrest on the Bench Frame (2).

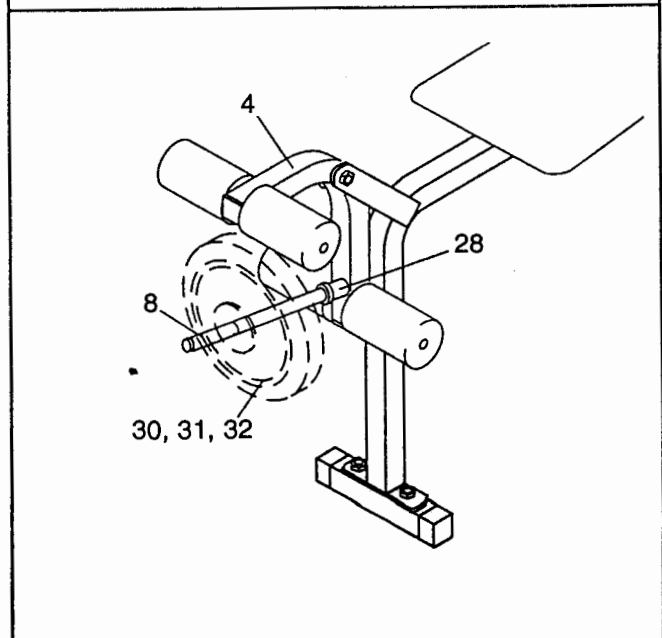
To use the Backrest (6) in the level position, first lift the Backrest (6). Insert the Support Rod (7) through the lowest set of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the "H"-Frame. Lay the Backrest on the Support Rod.

To use the Backrest (6) in an inclined position, first lift the Backrest (6). Insert the Support Rod (7) through one of the upper three sets of holes in the "H"-Frame (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the "H"-Frame. Lay the Backrest on the Support Rod.



## ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (4), first slide the Weight Stop (28) onto the Weight Tube (8). Next, slide the desired number of 2.5 Kg, 5 Kg, or 6.5 Kg Weights (30, 31, 32) onto the Weight Tube. **WARNING:** Do not place more than 50 pounds on the Leg Lever.

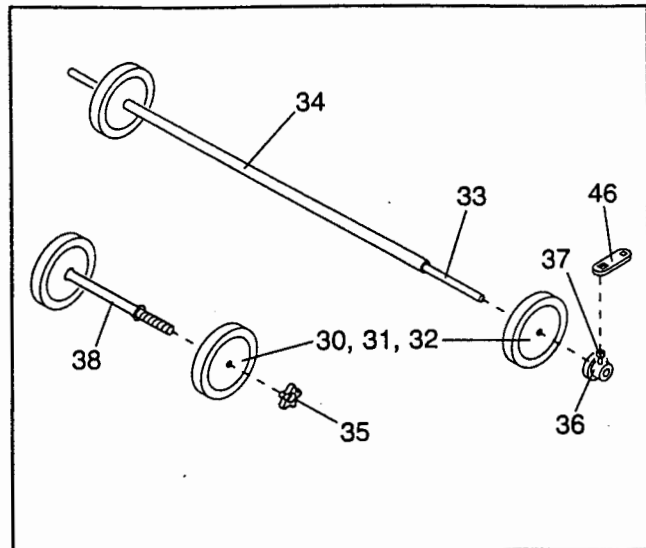


## ATTACHING WEIGHTS TO THE BARBELL AND DUMBBELLS

Slide the same number of 2.5 Kg., 5 Kg., or 6.5 Kg. Weights (30, 31, 32) onto each end of the Barbell (33). Slide a Collar (36) onto each end of the Barbell. Slide the Collars and the Weights against the Nylon Sleeve (34). Tighten the Barbell Locking Screws (37) with the Locking Screw Wrench (46). Make sure that the Weights cannot move back and forth on the Barbell.

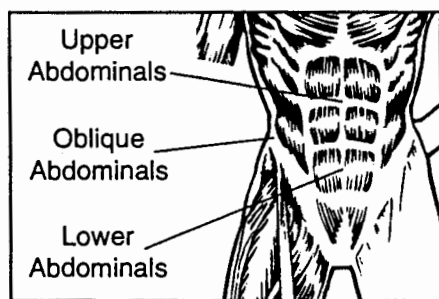
Slide a 2.5 Kg., 5 Kg., or 6.5 Kg. Weight (30, 31, 32) onto each side of a Dumbbell (38). Secure the Weights with a Dumbbell Locking Collar (35).

**Note:** The stated weights may vary by about five percent.



# USING THE ABDOMINAL TRAINER

The abdominal trainer offers a variety of exercises that shape your upper abdominals, oblique abdominals, and lower abdominals.



The photographs on pages 11 through 14 of this manual show the correct form for each exercise. **Note: We recommend that you lie on an exercise mat (not included) while using the abdominal trainer.**

The exercises in this manual are divided into four groups: Beginning, Intermediate, Advanced, and Expert. Start with the beginning exercises, and progress at your own pace. Be careful not to overdo it during the first few weeks of your exercise program. It is better to increase the number of repetitions you do than to advance to more difficult exercises too quickly. The intensity of each exercise can be varied by changing the position of your hands on the abdominal trainer handles. The lower your hands are positioned, the more difficult the exercise will be.

To get the most from your exercise, proper form is important. As you perform each repetition, use your abdominal muscles to pull yourself up, allowing the abdominal trainer to "roll" with you. **Do not press or pull the handles together.** Keep your head on the headrest and the small of your back on the exercise mat. If necessary, raise your hips slightly.

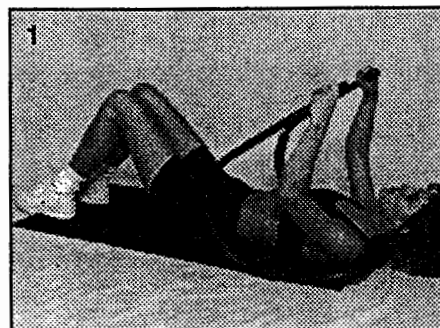
Always begin and end each workout with a few minutes of stretching. (See SUGGESTED STRETCHES on page 15.) Keep plenty of water nearby as you exercise, and drink periodically to avoid dehydration. **If you feel faint, dizzy, or short of breath at any time during exercise, stop immediately and begin cooling down.**

**WARNING:** Before you begin this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## Beginning Exercises

### 1. Basic Crunch

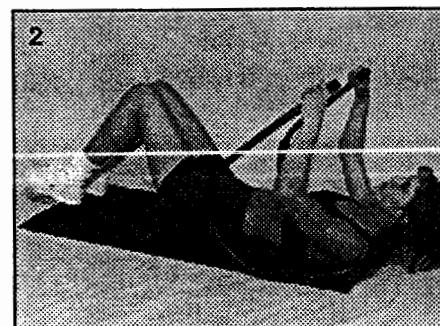
This exercise targets the upper abdominals. Lie on an exercise mat and bend your knees as shown.



Place your hands near the upper ends of the handles. Curl up to about a 45° angle, and then lower yourself to the starting position. This completes one repetition. Perform 10 to 15 repetitions.

### 2. Basic Crunch with Raised Feet

This exercise focuses on the lower abdominals.



This exercise should be performed in the same way as the Basic Crunch, except your feet should be held about one inch off the floor during the exercise. Complete 10 to 15 repetitions.

### 3. Basic Oblique Crunch

This exercise is for the oblique abdominals. Perform this exercise in the same way as the Basic Crunch, but turn your



knees to the side as shown. Complete 5 to 7 repetitions, change your knees to the opposite side, and then perform another 5 to 7 repetitions.

## Intermediate Exercises

As your abdominal muscles become stronger, and you can comfortably perform several repetitions of the beginning exercises, it is time to move on to the intermediate exercises. Remember to stretch for a few minutes before you begin.

### 4. Raised-knee Crunch with Knees Held to Chest

This exercise focuses on the upper abdominals. Lie on an exercise mat and bring your knees toward your chest as shown. Curl

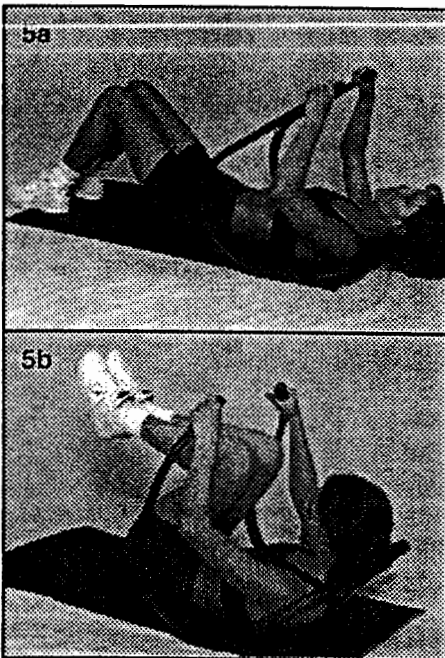


up to about a 45° angle, and then lower yourself to the starting position. Keep your knees raised throughout the exercise. Complete 10 to 15 repetitions.

This exercise can also be performed by resting your feet on a chair.

### 5. Raised-knee Crunch with Knees Lifted to Chest

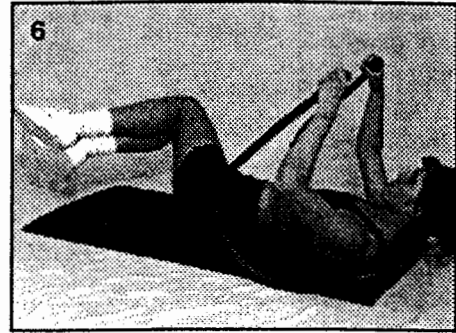
This exercise targets the lower abdominals. The starting position is shown in photograph 5a. Curl up to about a 45° angle, bringing your knees toward your chest at the same time; then return to the starting position. Perform 10 to 15 repetitions.



## Intermediate Exercises—Cont.

### 6. Raised-knee Oblique Crunch

This exercise focuses on the oblique abdominals. Bend your knees, lay them to one side, and hold your legs just off the floor. Curl up to about a 45° angle, then return to the starting position. Hold your legs stationary throughout the exercise. Complete 5 to 7 repetitions, change your knees to the opposite side, and then perform another 5 to 7 repetitions.

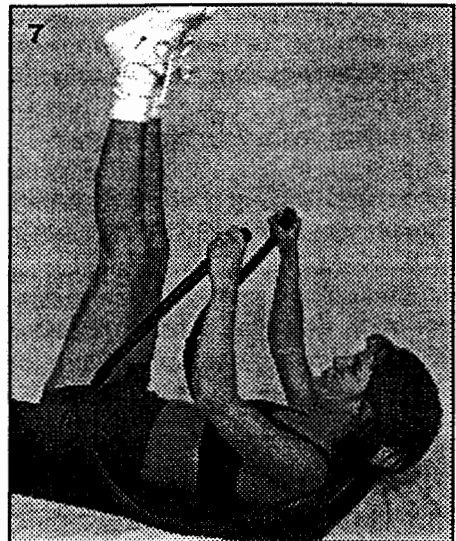


## Advanced Exercises

The following exercises are designed to further improve your strength, tone, and flexibility. Remember to stretch for a few minutes before you begin.

### 7. "L"-Crunch

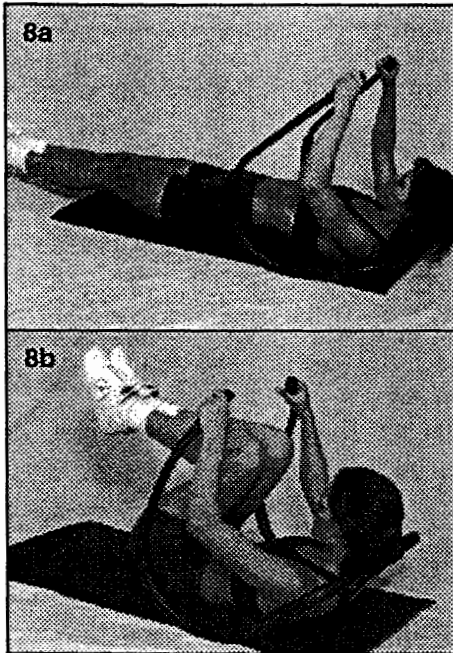
This exercise is for the upper abdominals. Straighten your legs and raise them as shown. Curl up to about a 45° angle, and then lower yourself to the starting position. Keep your legs raised throughout the exercise. Complete 10 to 15 repetitions.



## Advanced Exercises—Cont.

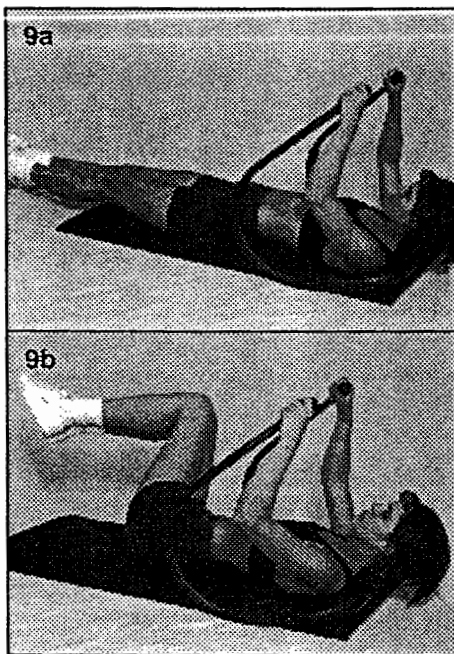
### 8. Advanced Raised-knee Crunch

This exercise focuses on the lower abdominals. Straighten your legs and hold them just off the floor as shown in photograph 8a. Curl up to about a 45° angle, bringing your knees toward your chest as shown in photograph 8b; then return to the starting position. Complete 10 to 15 repetitions.



### 9. Advanced Oblique Leg Crunch

This exercise targets the oblique abdominals. Straighten your legs and hold them just off the floor as shown in photograph 9a. Curl up to about a 45° angle, bending your knees and bringing them to the side as shown in photograph 9b; then return to the starting position. Complete 10 to 15 repetitions, alternating sides with each repetition.

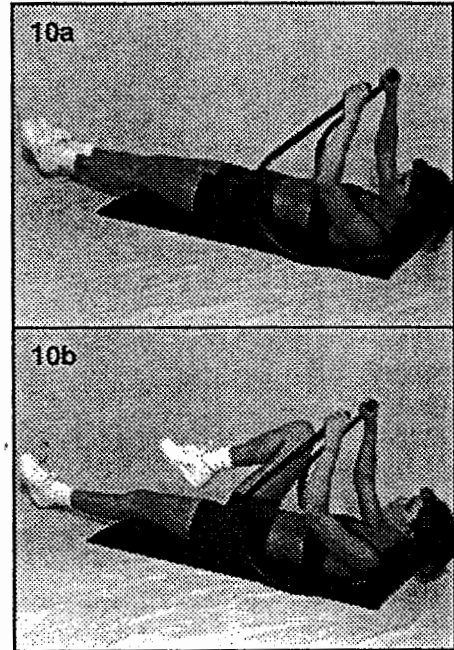


## Expert Exercises

The expert exercises should be done only after you can comfortably perform the advanced exercises.

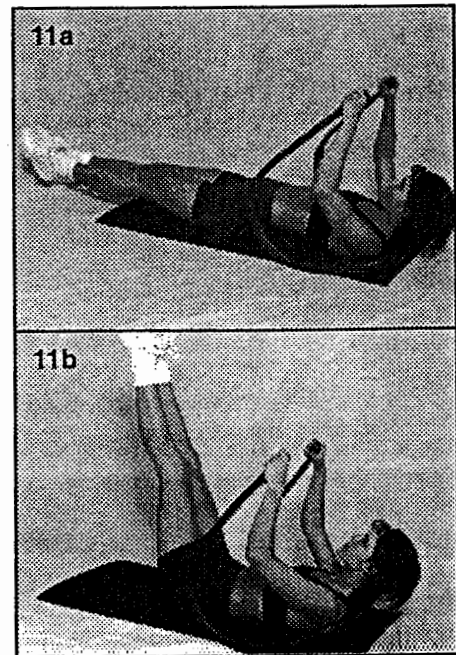
### 10. Bicycle Ab Crunch

This exercise focuses on the lower abdominals. Straighten your legs and hold them just off the floor as shown in photograph 10a. Curl up to about a 45° angle, bending one knee and raising it as shown in photograph 10b; then return to the starting position. Complete 10 to 15 repetitions, alternating legs with each repetition.



### 11. Jackknife

This exercise targets the lower abdominals. Straighten your legs and hold them just off the floor as shown in photograph 11a. Curl up to about a 45° angle, raising both legs as shown in photograph 11b; then return to the starting position. Complete 10 to 15 repetitions.

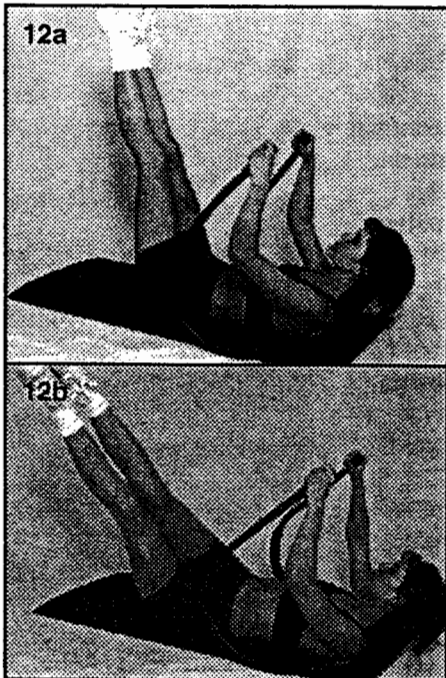




## Expert Exercises—Cont.

### 12. Reverse Trunk

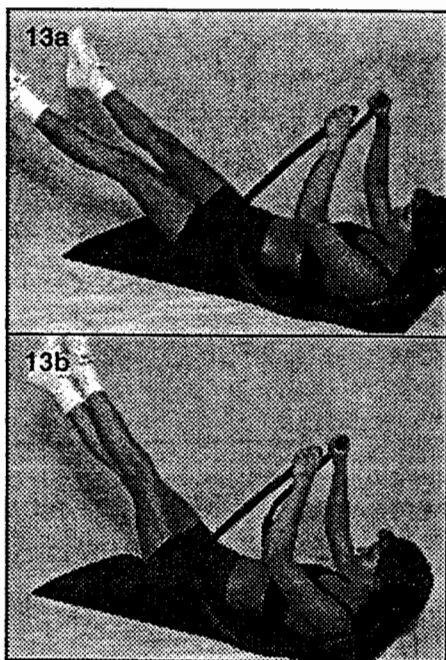
This exercise focuses on the oblique abdominals. Straighten your legs and raise them as shown in photograph 12a. Curl up to about a 45° angle. This is the starting position. Lower your legs to the side as shown in photograph 12b; then



return to the starting position. Complete 10 to 15 repetitions, alternating sides with each repetition.

### 13. Scissors

This exercise focuses on the upper and lower abdominals. Hold your legs in the position shown in photograph 13a. Curl up to about a 45° angle. This is the starting position. Cross your ankles as shown in photograph 13b; then return to the starting position. Complete 10 to 15 repetitions, alternately cross-



ing the right ankle above the left, and then the left ankle above the right.

# SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

## 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

## 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

## 3. Calf/Achilles Stretch

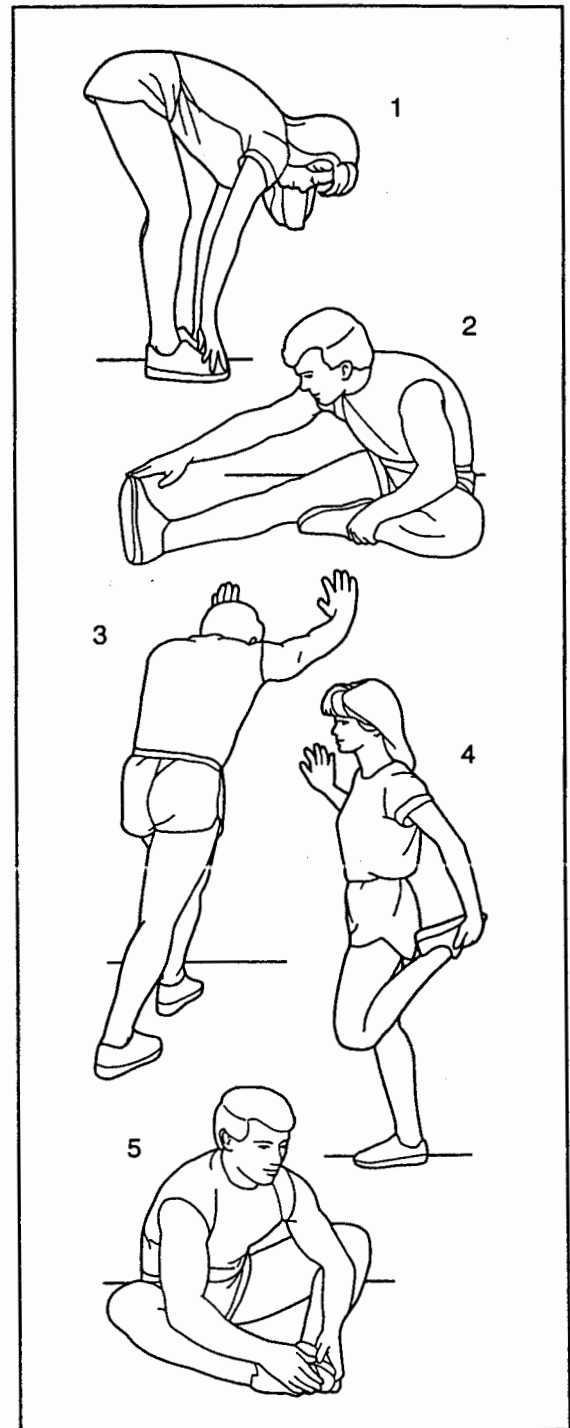
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

## 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

## 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.





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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### • Muscle Building

In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles will continually adapt and grow. Each individual exercise can be tailored to the proper intensity level by changing the amount of weight used, or the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions performed consecutively.)

The proper amount of weight for each exercise depends upon the individual user. It is up to you to gauge your limits. Select the amount of weight that you think is right for you. Begin with 3 sets of 8 repetitions for each exercise that you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

### • Toning

To tone your muscles, you must push your muscles to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

### • Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

### • Cross Training

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or sets for each exercise. It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. If you experience pain or dizziness at any time while exercising, stop immediately and begin to cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are also important.

### WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Warming up prepares your body for exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

In order to obtain the greatest benefits from exercising, it is essential to maintain proper form.

Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for each exercise. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 18 to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is also important. Exhale during the exertion stage of each repetition and inhale during the return stroke; never hold your

breath. Rest for 3 minutes after each set if you are doing a muscle building workout, 1 minute after each set if you are doing a toning workout, and 30 seconds after each set if you are doing a weight loss workout. Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

### **COOLING DOWN**

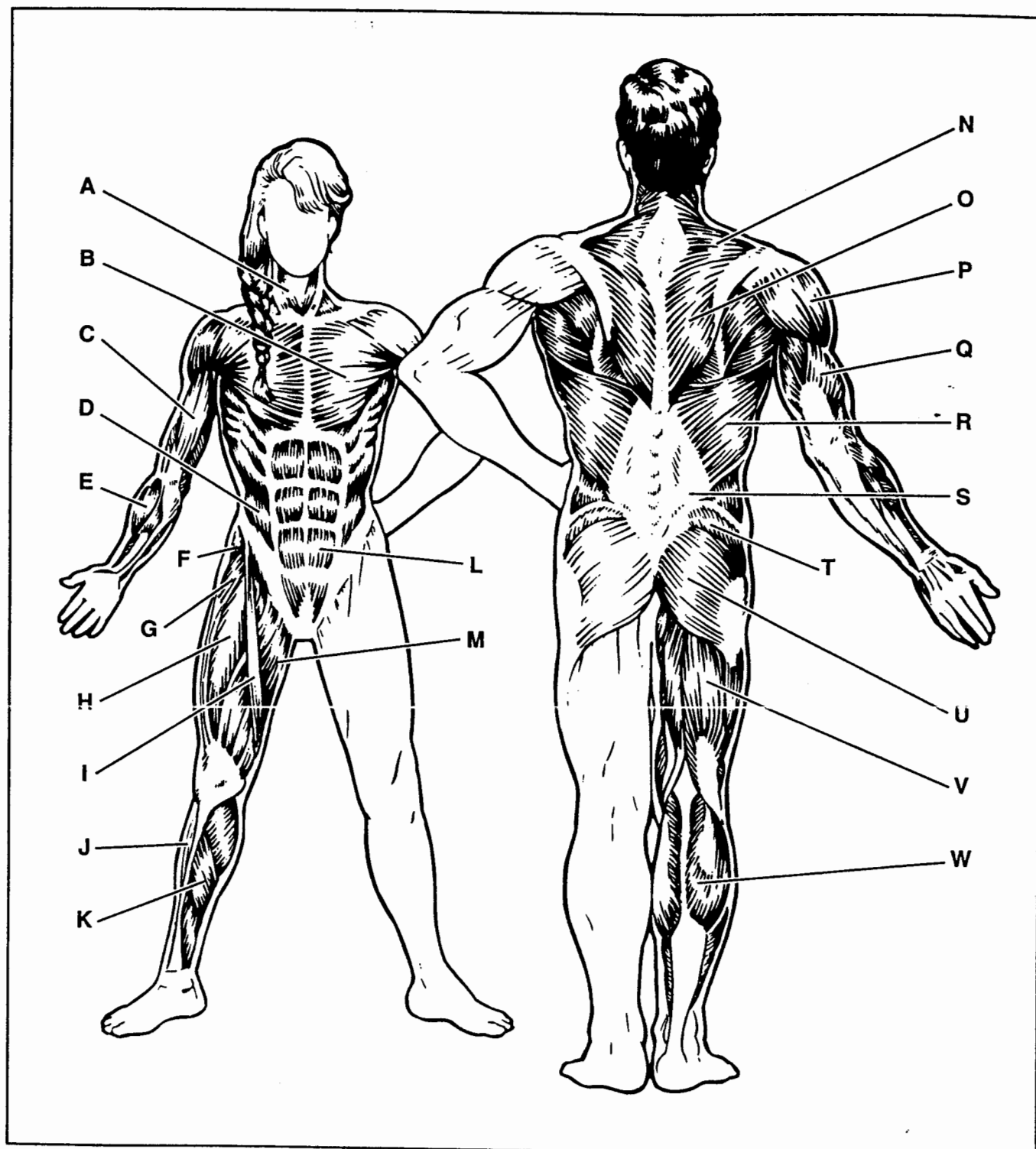
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

### **STAYING MOTIVATED**

For motivation, keep a record of each workout. The chart on page 19 of this manual can be photocopied and used to schedule and record your workouts. List the date, exercises performed, amount of weight, and numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

# MUSCLE CHART



A. Sternomastoid (neck)  
 B. Pectoralis Major (chest)  
 C. Biceps (front of arm)  
 D. Obliques (waist)  
 E. Brachioradialis (forearm)  
 F. Hip Flexors (upper thigh)  
 G. Abductor (outer thigh)  
 H. Quadriceps (front of thigh)

I. Sartorius (front of thigh)  
 J. Tibialis Anterior (front of calf)  
 K. Soleus (front of calf)  
 L. Rectus Abdominus (stomach)  
 M. Adductor (inner thigh)  
 N. Trapezius (upper back)  
 O. Rhomboideus (upper back)  
 P. Deltoid (shoulder)

Q. Triceps (back of arm)  
 R. Latissimus Dorsi (mid back)  
 S. Spinae Erectors (lower back)  
 T. Gluteus Medius (hip)  
 U. Gluteus Maximus (buttocks)  
 V. Hamstring (back of leg)  
 W. Gastrocnemius (back of calf)

<b>MONDAY</b> Date:     /     /	EXERCISE	WEIGHT	SETS	REPS

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**TUESDAY**     **AEROBIC EXERCISE**  
 Date:     /     /

<b>WEDNESDAY</b> Date:     /     /	EXERCISE	WEIGHT	SETS	REPS

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**THURSDAY**     **AEROBIC EXERCISE**  
 Date:     /     /

<b>FRIDAY</b> Date:     /     /	EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

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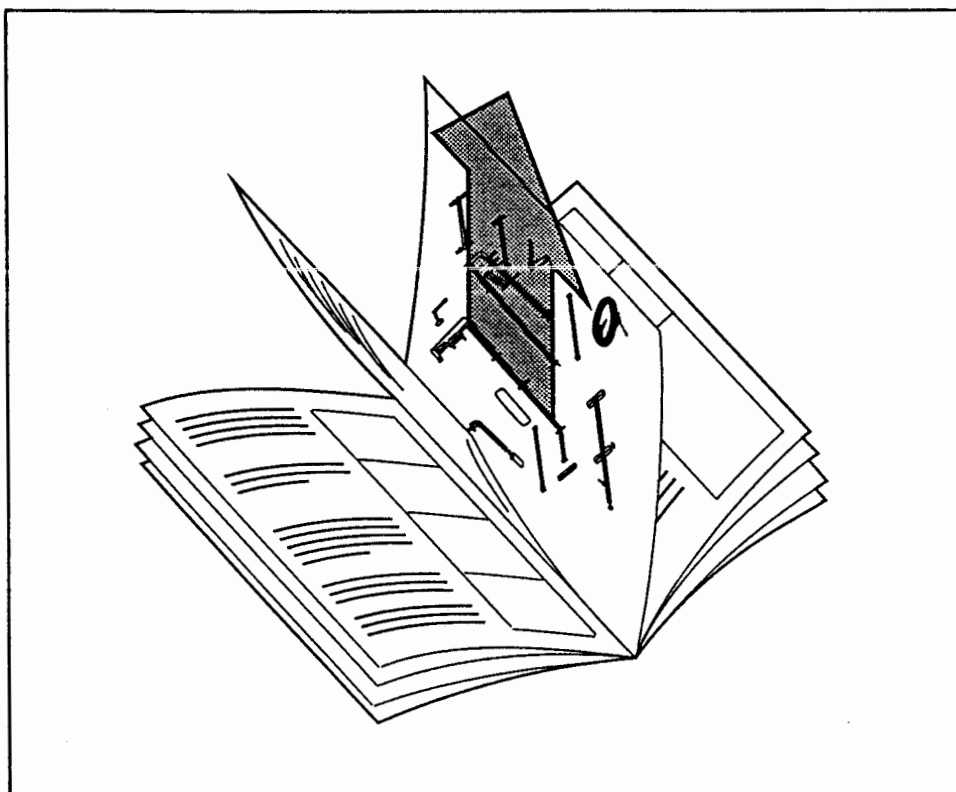
## ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The MODEL NUMBER of the product (WEBE10560).
2. The NAME of the product (WEIDER® 133 Training System).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST/EXPLODED DRAWING attached to the center of this manual).

# REMOVE THIS PART LIST/EXPLODED DRAWING AND PART IDENTIFICATION CHART FROM THE MANUAL

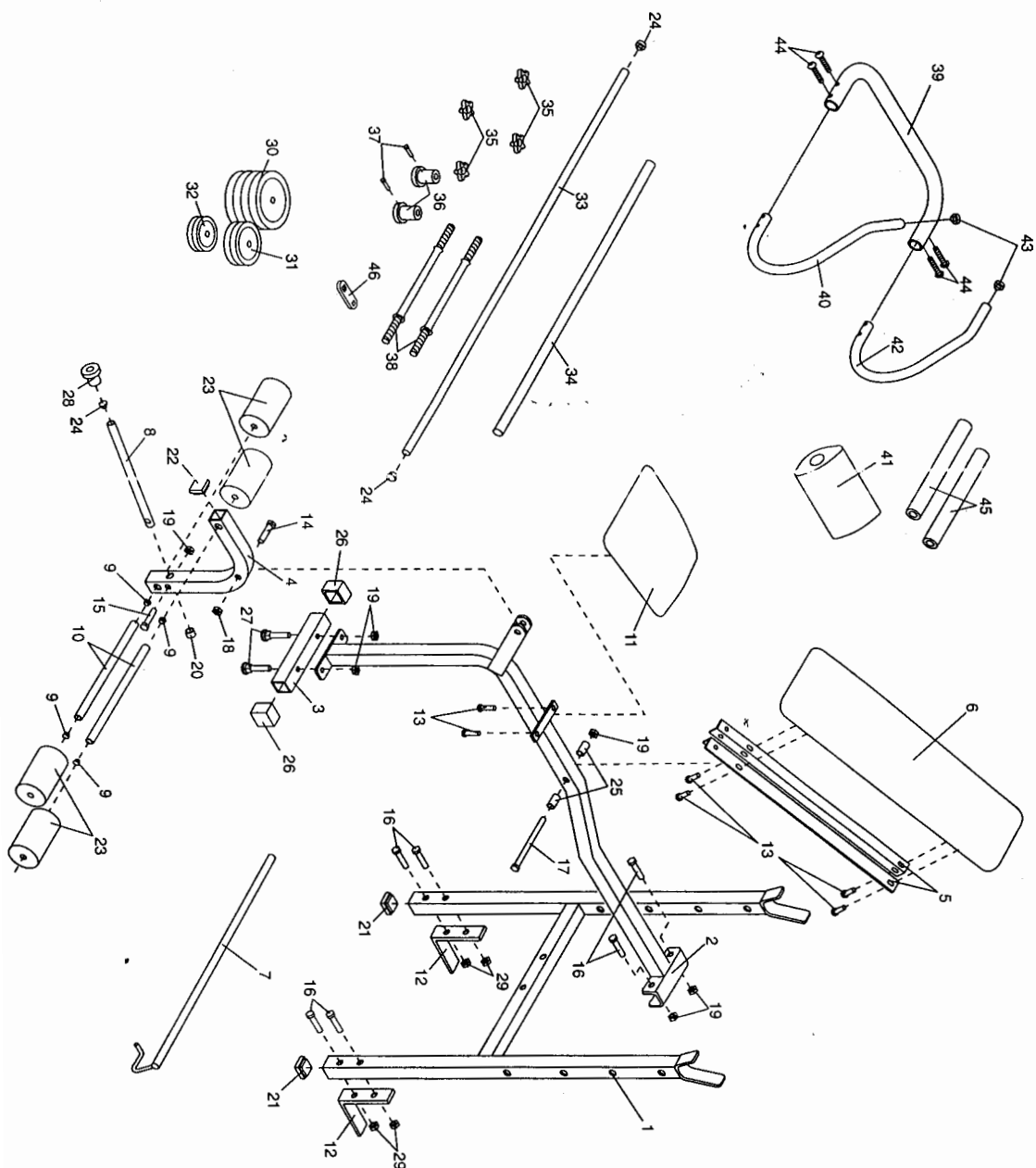
The **PART IDENTIFICATION CHART** is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**



# PART LIST/EXPLODED DRAWING—Model No. WEBE10560

R1096A

Key No.	Qty.	Description
1	1	"H"-Frame
2	1	Bench Frame
3	1	Stabilizer
4	1	Leg Lever
5	2	Backrest Bracket
6	1	Backrest
7	1	Support Rod
8	1	13 3/4" Weight Tube
9	4	3/4" Round Inner Cap
10	2	Pad Tube
11	1	Seat
12	2	"L"-Bracket
13	6	1/4" x 3/4" Screw
14	1	3/8" x 2 1/4" Bolt
15	1	5/16" x 2" Bolt
16	6	5/16" x 2 1/4" Bolt
17	1	5/16" x 3" Bolt
18	1	3/8" Nylon Jam Nut
19	6	5/16" Nylon Locknut
20	1	1" Angled Round Cap
21	2	1 3/4" Square Inner Cap
22	1	1 1/2" Square Inner Cap
23	4	Foam Pad
24	3	1" Round Inner Cap
25	2	1/2" x 3/8" Metal Spacer
26	2	1 1/2" Square Outer Cap
27	2	5/16" x 2" Carriage Bolt
28	1	Weight Stop
29	4	5/16" Nylon Jam Nut
30	4	6.5 Kg Weight
31	2	5 Kg Weight
32	2	2.5 Kg Weight
33	1	Barbell
34	1	Nylon Sleeve
35	4	Dumbbell Locking Collar
36	2	Barbell Collar
37	2	Barbell Locking Screw
38	2	Dumbbell
39	1	Crunch Frame
40	1	Right Handle
41	1	Headrest
42	1	Left Handle
43	2	1 3/8" Round Inner Cap
44	4	#10 x 1/2" Self-Tapping Screw
45	2	Handle Foam Cover
46	1	Locking Screw Wrench
#	1	User's Manual



"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.



# PART IDENTIFICATION CHART



1/2" x 3/8" Metal  
Spacer (25)-2



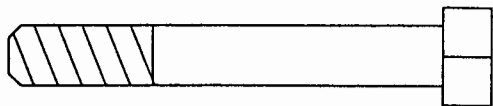
5/16" Nylon  
Jam Nut (29)-4



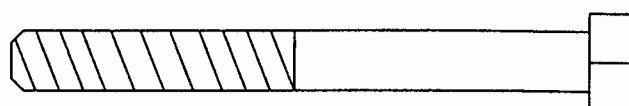
5/16" Nylon  
Locknut (19)-6



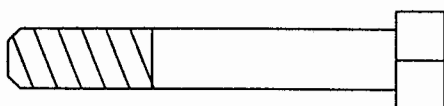
3/8" Nylon  
Jam Nut (18)-1



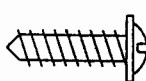
5/16" x 2 1/4" Bolt (16)-6



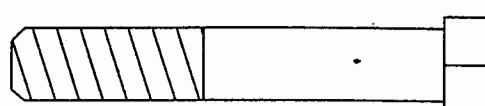
5/16" x 3" Bolt (17)-1



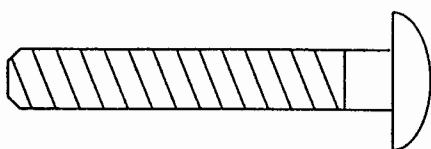
5/16" x 2" Bolt (15)-1



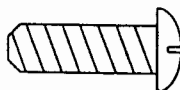
#10 x 1/2" Self-tapping  
Screw (44)-4



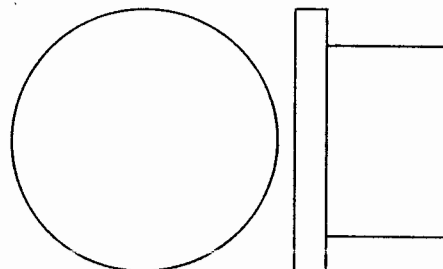
3/8" x 2 1/4" Bolt (14)-1



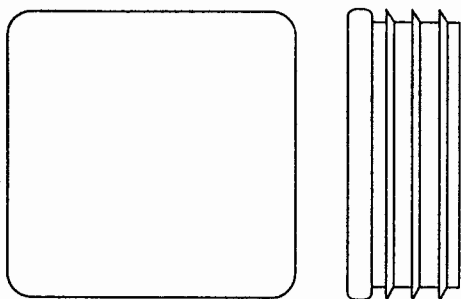
5/16" x 2" Carriage Bolt (27)-2



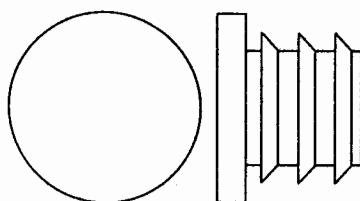
1/4" x 3/4" Screw (13)-6



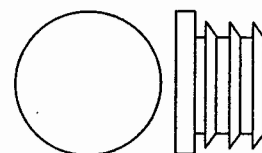
1 3/8" Round Inner Cap (43)-2



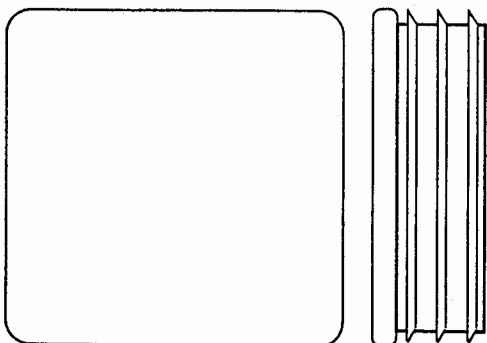
1 1/2" Square Inner Cap (22)-1



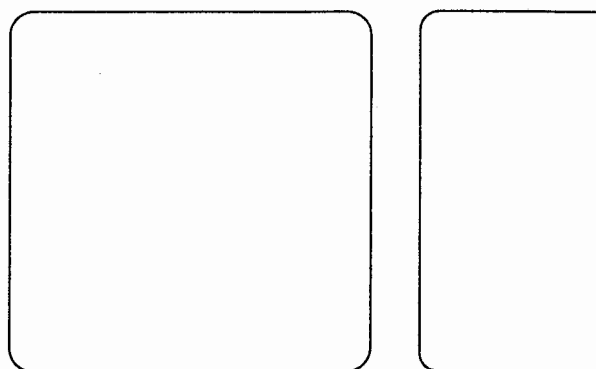
1" Round Inner Cap (24)-3



3/4" Round Inner Cap (9)-4



1 3/4" Square Inner Cap (21)-2



1 1/2" Square Outer Cap (26)-2